

# Norovirus (viral gastroenteritis)

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please speak to a member of staff who can arrange it for you.

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لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## What is Norovirus?

Norovirus, also called the winter vomiting bug, is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually gets better in about 2 days.

Norovirus spreads easily among people. Anyone can get it, but the very young and the elderly are more at risk. Although there is an increase in the winter months, cases can occur in all seasons and can cause outbreaks of diarrhoea and/or vomiting in hospitals, care homes, schools, and cruise ships.

The main symptoms of norovirus usually start suddenly and may include:

- feeling sick
- being sick (vomiting)
- diarrhoea

You may also have high temperature, headache and body aches and pains.

## How is it spread?

You can catch norovirus from:

- Close contact with someone with norovirus.
- Through the air when they are vomiting.
- Touching surfaces or objects that have the virus on them, then touching your mouth.
- Through contaminated equipment.
- From food contaminated by someone who has norovirus.

## How to stop norovirus spreading

If you do become unwell in hospital, you may be moved to a single room or to an area with other patients with the same illness. Staff will wear apron, gloves and face mask to look after you.

If you develop diarrhoea and vomiting, a sample of diarrhoea may be sent to the laboratory for testing.

Wash your hands with soap and water after going to the toilet or changing nappies (alcohol hand gels do not kill norovirus).

Wash your hands before eating or handling food.

Avoid contact with other people as much as possible.

Do not visit others in hospitals or places like care homes until you have **not** been sick or had diarrhoea for 2 days.

## Will I need treatment?

There is no specific treatment for norovirus and antibiotics have no effect on it. The most important thing is to have plenty of clear fluids e.g. water, to avoid dehydration (unless you are told otherwise by your doctor)

## Can I have visitors?

It is advisable to have as few visitors as possible, as they may pick up the virus when they visit you. If you have visitors, they must wash their hands thoroughly before and after visiting you. They are not required to wear aprons and gloves when entering your **room unless** they are helping with your care.

Your visitors must only use visitors' toilets within the hospital and must not use any patient toilet facilities in ward areas.

If your visitors get symptoms they should not visit the hospital at all (including other wards or places to eat in the hospital) until 2 days after the symptoms have gone.

If you have any concerns at all about someone visiting please discuss this with a doctor or a nurse.

## Can I be discharged home with Norovirus?

You can be discharged to your own home, even if you have norovirus, if you are fit for discharge and are able to manage your symptoms at home.

If you are waiting for discharge/transfer to a nursing/residential home, or other hospital, this may be delayed until you and other patients on the ward have not had diarrhoea or vomiting for 3 days, or when the ward has been cleaned and reopened. This is to stop the spread of norovirus to other healthcare facilities.

## Further information

If you would like more information, ask your nurse to contact a member of the Infection Prevention Team.

[Norovirus \(vomiting bug\) - NHS](#)

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